Master of Science in Clinical Trials , London School of Hygiene and Tropical Medicine

Project: 585

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I am very grateful to the SFEFS for giving me the opportunity to further my career by pursuing a Master's Degree in Clinical Trials at the London School of Hygiene & Tropical Medicine, UK. As a trained dietitian, I have been working since September 2013 at the Geneva University Hospitals, gaining extensive experience in both clinical nutrition and clinical research. My focus lies on the management of malnutrition.

The MSc in Clinical Trials at the London School of Hygiene & Tropical Medicine is a postgraduate degree which aims to develop both theorical and practical skills essential for the design, conduct, management, analysis and interpretation of clinical trials and observational studies. The program, consisting of 90 ECTS credits, includes five compulsory modules (7.5 ECTS credits/module), five elective modules chosen from a list of options (7.5 ECTS credits/module) and a final compulsory integrating module (15 ECTS credits). As a distance learning program, this MSc offers great flexibility, allowing students to organize their studies over a period of 2 to 5 years while concurrently pursuing employment.

The final integrating module facilitated the consolidation of material from the different modules through the analysis of three-scenario based questions, directly addressing real life challenges encountered in numerous aspects of clinical research.

Scenario 1 consisted of carrying out a critical analysis of an individually-randomised, double-blind placebo-controlled trial: the AHHA trial.
Reference: Joy EJM, Kalimbira AA, Sturgess J et al. Biofortified Maize Improves Selenium Status of Women and Children in a Rural Community in Malawi: Results of the Addressing Hidden Hunger With Agronomy Randomized Controlled Trial. Front Nutr. 2022 Jan 6;8:788096. doi: 10.3389/fnut.2021.788096.

Scenario 2 involved answering questions related to a cross-sectional study scenario, calculating odds ratios, interpreting logistic model results, discussing potential biases like confounding, selection bias, and reverse causality, and drawing conclusions about the relationship between outcome and exposure. Additionally, suggestions for future research directions were made.

Scenario 3 involved analyzing a dataset of a randomized controlled trial and interpreting the results. It included calculating sample sizes, generating summary statistics, conducting both simple and adjusted linear regression analyses to evaluate the effect of the intervention compared to the control group on the primary outcome, and performing post-hoc adjusted linear regression analysis to explore potential interactions between treatment group and baseline status variables for the primary outcome.

The high quality of the program empowered me to improve my skills, knowledge and understanding, enabling me to perform efficiently in clinical research. Additionally, I had the privilege to interact with a wonderful and highly competent teaching team, as well as connect with students from around the globe. The final integrating module facilitated the consolidation

of material from the different modules through the analysis of three-scenario based questions, directly addressing real-life challenges encountered in numerous aspects of clinical research.

Once again, I express my gratitude to the SFEFS for the invaluable grant support, which played a central role in facilitating my completion of the MSc in Clinical Trials at the London School of Hygiene & Tropical Medicine with Distinction. This achievement would not have been attainable without this generous support. The MSc program has contributed to my development as a clinician, researcher, and manager. I am now ready to embark on the next chapter of my career as the lead dietitian at the Geneva University Hospitals, with aspirations to further develop the academic pursuits in clinical nutrition research and apply them for the benefits of the patients.